



# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930



www.nvk.org.uk

Newsletter Issue 25 Vol-3(MARCH 2023) Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

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**JAI JINENDRA & JAI SHREE KRISHNA**



**Dear Vadil Members,**

Welcome to March Newsletter. Hope all of you are keeping warm in this cold weather. We are very happy that even in this cold weather many members are attending every Thursday.

## Donations:

\*Several packets of biscuits donated by Rasilaben and Prabhudasbhai, Kendra's thanks to them.

\*Urmilaben Sanghrajka has donated the latest medicine available on the market. These medicines are only available under prescription for Diabetes The medicines will be kept in NVK cupboards and will be administered in case of emergencies ONLY. When required and will be administered by a Doctor, if available on the premises. Kendra wishes to thank Urmilaben and Archana Sanghrajka for their generous donation.

\*A special bottle of 'Chai Masala' from India was brought by Pushpaben Patel for members to enjoy the afternoon Tea. Many thanks from NVK.

## PROGRAMMES IN FEBRUARY 2023:

**02/02:** Morning yoga was conducted by Jayeshbhai & Manishaben. In the afternoon we continued with part 2 of India's Republic Day. Members sang patriotic songs enjoyed by the audience. It was a pleasure to see many elderly members participating. Unusually, an English patriotic song composed by Shirishchandra Kothari was recited by him. All enjoyed these songs with singing with the singers and clapping etc.)

**09/02:** Morning ZUMBA was conducted by Debjani in absence of Manishaben, with members eager to join in the workout at the very start at 11.00am. Debjani started with giving instructions on how the workout will start. Everyone joined in the dancing moves with zeal and vigour with music and soon everyone realised that the dancing moves were full of fun to burn calories without even realising Music was just amazing with even Bollywood tunes. Debjani did several moves to tone up most of the body muscles. It ended with everyone joining in "Let's Twist Again" (last time we did it in 1960s!!!). All members enjoyed the Zumba so much that they requested more of such programmes. In the afternoon we had Couple Game started with 6 couples on the stage and after a song about Couple, where everyone joined, Mahesh Savadia asked some interesting questions to the couples to which quite enjoyable answers were given.

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Mahesh Savadia  
**Committee**  
Ella Shah  
Hasmukh Parekh  
Jayant Doshi  
Hasu Mandalia  
**Co-Opted Member :**  
Karsan Bhudia

### Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then *Sponsor* a lunch for £501. 5 guests allowed. Special lunch for £1001. 5 guests. Guest Fee £10.00

Many members had stayed for the Programme, which was very captivating. The couple taking part were:

Bhartiben and Shashibhai Shah  
Bhartiben and Rameshbhai Shah  
Bhartiben and Kumudbhai Mehta  
Jyotsnaben and Vinodbhai Bakhai  
Chandrakantbhai and Indiraben Mehta  
Meenaben and Mahendrabhai Vora

Each couple were put through a series of 4 questions on how well they know each other. Then only one spouse was asked a question whilst the other one had to leave the Hall. The same question was asked to the other spouse whilst the one who had given an answer was told to go out of the Hall. The funny answers were compared by the judges who then gave marks to each couple. The Judges were Purnimaben Mehta and Meenaben Shah. In the end the Judges declared the winners as Jyotsnaben and Vinodbhai Bakhai. Token prizes were given. Everyone enjoyed the game.)

**16/02:** Morning yoga was conducted by Nishaben Hirani Wellness and Nutrition Coach for a very well delivered Zumba cum Yoga session. Nishaben stressed the importance of a healthy and well balanced diet and the importance of drinking water. She was assisted by Chandrikaben Patel. A minute's silence was observed on the sad news of our Committee member Harendrabhai. In the afternoon we had afternoon programme we celebrated Valentine's Day. All participants were asked to have their lunch early and be ready near the stage by 1.45pm. Valentine is a symbol of love - love between a husband and wife, sisterly love, brotherly love, friendly love.

These different types of love were expressed by participants. While other participants expressed their love by dancing and singing songs. All in all it was a very interesting programme that all enjoyed thoroughly.

**23/02:** Morning yoga was conducted by Ninaben Keshani who gave her valuable time free of charge. Kendra's many thanks to her. In the afternoon we had Cooking Recipe and Tips programme.

All participants had made a dish from home. They gave their recipe/tips briefly. It was very interesting, encouraging and a very proud moment for NVK to have 4 Gents participants in this afternoon's event. They set an example to the other male membership and we hope to see more Gents taking part in future. We know many other Gents who do cooking at times or on picnics but they did not come forward this time. Perhaps it is time to consider a cooking recipe and tips - Part 2 with only Gents participants.

#### **Gents participants:**

1. Bhupendrabhai Vasa - 'Rava na Dhokra'
2. Indrakantbhai Bakhai - 'Sandesh'
3. Dhirubhai Galani - 'Dhebra'
4. Chimanbhai Sheth - 'Veg Wrap'

#### **Ladies participants:**

5. Krishnaben Mehta - Recipe Tips
6. Ramaben Doshi - 'Sabudana & Menduvada' recipe
7. Meenaben Vora - 'Puri' for Pani Puri
8. Sarojben Savadia - 'Tobler Barfi'
9. Bhartiben Malkan - 'Mathdi'
10. Bhartiben Mehta - 'Khajur Roll'
11. Jasuben Shah - 'Shiyadu Paak'
12. Manjuben Shah - 'Dhosa na Ladu'

## **SAD NEWS:**

**We convey our deepest condolences to Meswani family on the sad demise of Harenbhai, age 81 on 09/02/2023. He was a much respected member and committee member of N.V.K. and beloved husband of Purnimaben. We pray to GOD that his soul rest in peace, and give strength to his family to grieve in this difficult times.**



**Om Shanti – Shanti - Shanti**

**We convey our deepest condolences to the ASHABEN JEETENDRA MEHTA age 69, in a car accident on 18/02/23. She was the wife of our member JEETENDRA BHUPATRAY MEHTA, who was injured and is in hospital undergoing treatment with his daughter. We pray to GOD rest her soul rest in peace and give strength to her family in this difficult period.**



**Om Shanti – Shanti – Shanti**